

1. Process of forming treated *Brassica* seeds, comprising the step of heating *Brassica* seeds, under a temperature and for a time sufficient to result in *Brassica* seeds having flavor modifying properties.
2. Process according to claim 1 wherein *Brassica* seeds are heated at a surrounding temperature within a range of about 120°C to about 250°C and for a period of time of at least about 5 minutes.
3. Process according to claim 1 or 2, comprising the step of further treating the *Brassica* seeds by reducing the seeds to pieces or particles.
4. Process according to any one of the preceding claims further comprising the step of forming an extract of the treated *Brassica* seeds.
5. Process according to claim 4 wherein the method of forming the extract is selected from extracting, distilling, pressing, centrifuging, and chromatographically separating, extracting including one or more of steeping, immersion, percolation, and batch extraction; extracting including steeping the treated *Brassica* seeds in an inert solvent, extracting including steeping in one or more of a vegetable oil, an alcohol, water, an aliphatic hydrocarbon, an oxygenated hydrocarbon, a triglyceride, and supercritical carbon dioxide; extracting including steeping in a vegetable oil.
6. Product formed according to any of the preceding claims.
7. Treated *Brassica* seeds or extracts thereof.
8. A consumable or a flavor preparation for consumables, comprising treated *Brassica* seeds or an extract thereof.
9. Consumable according to claim 8 comprising treated *Brassica* seeds or extracts thereof at a concentration of 0,001% -5% (w/w), preferably 0,005-2% (w/w), more preferably 0,01-1% (w/w), most preferably 0,125% - 0,5 % (w/w).
10. Flavor preparation for consumables according to claim 8 comprising treated *Brassica* seeds or extracts thereof at a concentration of 0,1-25% (w/w), preferably 0,5%-20% (w/w), more preferably 5%-15% (w/w).

11. Method of forming a consumable comprising the step of combining a consumable and a flavor-imparting, -modifying, -enhancing or -masking amount of treated *Brassica* seeds, or extracts thereof.
12. Process of forming 2-furfurylthiol ("FFT") according to the method of any of the claims 1-5.
13. Process according to claim 12 wherein the heat-treatment results in a percent increase in the concentration of 2-furfurylthiol ("FFT") of at least 100 percent, preferably of at least 500 percent, more preferably of at least 1,000 percent, most preferably of at least 10,000 percent.
14. Product of any of the claims 12-13.
15. 2-furfurylthiol ("FFT") formed by the process of any of the claims 12-13.
16. Product according to any of the claims 6-10 comprising 2-furfurylthiol ("FFT"), wherein the 2-furfurylthiol ("FFT") concentration in the product corresponds to at a concentration of at least 1 mg 2-furfurylthiol ("FFT") per kg *Brassica* seeds, more preferably at a concentration of at least about 5 mg 2-furfurylthiol ("FFT") per kg *Brassica* seeds, most preferably at a concentration of at least about 10 mg 2-furfurylthiol ("FFT") per kg *Brassica* seeds.
17. Product according to any of claims 6-7 comprising 2-furfurylthiol ("FFT"), wherein the concentration of 2-furfurylthiol ("FFT") in the product is at least 1 mg per kg product (w/w), preferably at least 5 mg per kg product (w/w), more preferably at least 10 mg per kg product (wt/wt).
18. Consumable comprising 2-furfurylthiol ("FFT") at a concentration of 0,1 – 2000 ($\mu\text{g/kg}$), preferably 0,5-1000 ($\mu\text{g/kg}$), more preferably 5-100 ($\mu\text{g/kg}$), most preferably 10-50 ($\mu\text{g/kg}$).
19. Preparation for consumables comprising 2-furfurylthiol ("FFT") at a concentration of 5 – 20,000 ($\mu\text{g/kg}$), preferably 50-5000 ($\mu\text{g/kg}$), more preferably 250-3000 ($\mu\text{g/kg}$), most preferably 500-1500 ($\mu\text{g/kg}$).
20. Product, process or method according to any of the preceding claims wherein the *Brassica* seeds are selected from the group consisting of *Brassica alba*, *Brassica juncea*, *Brassica napus*, *Brassica nigra*, *Brassica rapa*, and combinations thereof.